

## Announcements for September 15, 2019

This month we'll have two commemorative services and a long meditation in honor of our param-param guru Lahiri Mahasaya:

- On **Thursday, September 26**, we will commemorate the mahasamadhi of Lahiri Mahasaya. There will be a meditation from 7 to 7:40p.m. followed by the commemorative service at 8 p.m.
- On **Saturday, September 28** we will have a long kirtan meditation from 10 a.m. - 4 p.m. with a 30-minute break at 12:30 p.m. Group Energization Exercises will be practiced prior at 9:40 a.m.
- On **Monday, September 30**, we will celebrate the birthday of Lahiri Mahasaya. There will be a meditation from 7 to 7:40p.m. followed by the commemorative service at 8 p.m.

Please bring a flower and donation to offer during the commemorative services.

The Seattle Center of SRF will be hosting an "introductory event" titled '*Meditation: The Source of Lasting Joy*' on **Wednesday, October 23** at the Eastside Baha'i Center in Bellevue. Monastics from the SRF Mother Center Bro. Nakulananda and Br. Troy will be here for the event, which will include a public talk, a guided meditation, and an informal reception to allow attendees to find out more about the SRF teachings and sign-up for the Lessons. More information about the event and flyers will be forthcoming later this month, including ways in which you can participate in the publicity efforts. If you are interested in volunteering for this event, please contact Anand Balachandran.

Visiting monastics will also lead the services here at the Center on **Sunday Oct 20**; and on **Tuesday Oct 22** monastics will lead as 7 p.m. inspirational service in place of our usual 2-hr meditation.

We have also been informed that SRF monastics will visit for the weekend of our annual All-Day Christmas meditation Saturday Dec 15. Our website calendar will be updated with details as they are confirmed.

The subject for today's service is "**Man's Greatest Duty: To Remember God**"